

5 Keys to Truly Connecting with your Spouse

By: Dave Willis

<http://sixseeds.patheos.com/davewillis/5-keys-to-truly-connecting-with-your-spouse/>



When [my wife Ashley](#) and I were first married, some of our biggest arguments and miscommunications happened when one of us would say, “I’m fine” even though we didn’t really mean it. We eventually realized that we were saying “fine” when we really meant: **F.I.N.E. = Faking. Ignoring. Neglecting. Evading.**

We weren’t being real with each other. **We weren’t connecting with each other.** We were holding back. We eventually labeled “fine” as the “F-Word” in our marriage and stopped using it altogether (unless I’m telling Ashley she is lookin’ FINE which I say almost daily). **We changed our words and we changed the tone of our words.** We have also learned some important communication principles that revolutionized our conversations and brought us to a new level of intimacy.

These same principles can work in your marriage. If you’ll consistently do these five things listed below, I strongly believe your communication will improve and every other aspect of your marriage will improve as well. These 5 principles are the keys to truly connecting with your spouse and taking your marriage to a new level of health and intimacy.

In no particular order, the *5 keys to truly connecting with your spouse* are...

1. **Never deceive your spouse. Secrets and lies are the enemies of intimacy. Transparency, honesty and vulnerability are vital to healthy communication and building your marriage on a foundation of trust.**

There should never be hidden bank accounts, secret text messages, private passwords or anything else that puts a wedge of secrecy into your marriage. Your level of intimacy will be determined by your level of transparency, honesty and trust. The original picture of marriage was one of “nakedness” which doesn’t just represent physical nakedness and sex, but it also represents this idea that true intimacy is born out of transparency, vulnerability and trust.

“Adam and his wife were both naked, and they felt no shame.” **Genesis 2:25**

#2 Creates so many unnecessary arguments in many marriages...

2. **Don’t make assumptions about how your spouse feels. When we make assumptions we limit our ability to hear and understand their true feelings.**

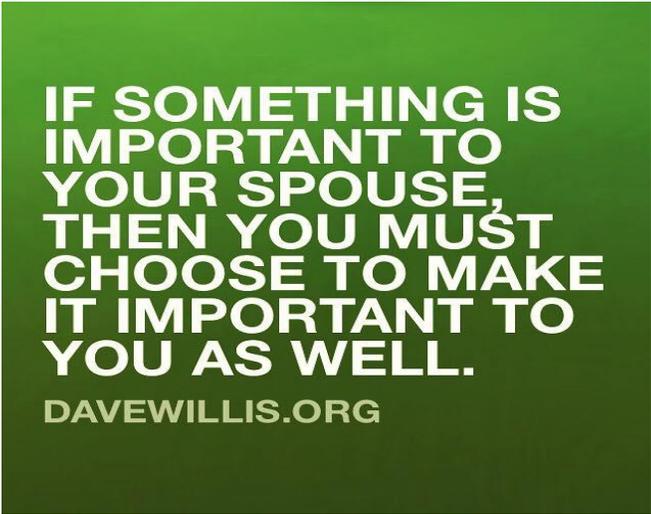
When we make assumptions instead of talking we are creating unhealthy barriers that block true intimacy. **Don’t assume you already know what your spouse is thinking or feeling; ask them.** Don’t settle for “I’m fine” as an answer (as I talked about at the top of this article). Get to the root of what’s really going on. Replace assumptions with facts. **We men often have a harder time opening**

up and sharing what we're really thinking and feeling, but be willing to try. It will make your marriage stronger.

"Fools base their thoughts on foolish assumptions, so their conclusions will be wicked madness;"
- Ecclesiastes 10:13

#3 will instantly improve your marriage if you're both willing to do it...

3. **Respect your spouse's feelings even if you see things differently. Learn from each other's unique perspectives. Value each other's opinions and always show each other thoughtfulness and respect.**



You and your spouse won't always see eye-to-eye and that's okay! A marriage needs unity but not uniformity. You need to agree on what's most important but you're going to have different opinions and perspectives about almost everything else. Learn from each other's perspectives. Value each other's feelings and ALWAYS have respect, thoughtfulness and love for each other.

"Love each other with genuine affection, and take delight in honoring each other." - Romans 12:10

#4 could lead to some of the most meaningful conversations you've ever had...

4. **Be willing to ask difficult questions and give difficult answers. Address the "elephant in the room" before it gets even bigger. Don't expect any issue to go away on its own.**

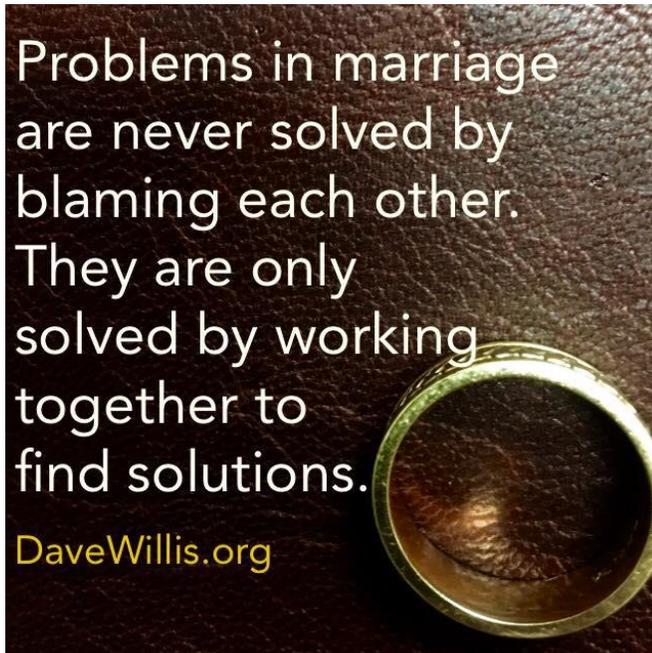
Ask different questions if you want to have different conversations. Ask things like, "What's one thing you'd like to improve about our marriage? What's one way I could be a better husband/wife? What's something we used to do better as a couple than we do right now? What's one dream you have for the next ten years of our marriage? What is your biggest fear right now? How would you like to see us grow personally/spiritually/financially in this next year? What's holding us back?"

Give honest answers. These kinds of conversations could be a breakthrough in your marriage.

"Truthful words stand the test of time, but lies are soon exposed." Proverbs 12:19

#5 is the “secret” to lifelong love...

5. Always have each other’s back. Face every challenge in marriage hand-in-hand and side-by-side. Share the joys and share the struggles.



Your spouse should never have to face any struggle without your full partnership, encouragement and support. Have each other’s backs! Don’t give up on each other. You can make it through any struggle if you’ll have faith and work together to find solutions.

If your marriage is currently struggling, please don’t lose hope. You can [start by clicking here to access our free videos for struggling couples.](#)

“Share each other’s burdens, and in this way obey the law of Christ.” Galatians 6:2

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